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The Navy Bureau of medicine and Surgery distributes Navy and Marine Corps Medical News (MEDNEWS) to Sailors and Marines, their families, civilian employees and retired Navy and Marine Corps families. To achieve maximum medical information distribution, your command is highly encouraged to distribute MEDNEWS to ALL HANDS electronically, include MEDNEWS in command newspapers, newsletters and radio and TV news programs.

Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

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their names.

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Headline: Suicide awareness and prevention

From Commander in Chief Atlantic Fleet

NORFOLK, Va. -- The death of any Sailor is a tragedy. It is particularly so when the death is preventable. Statistics show that more than 80 percent of all suicide victims give some type of advance warning.

Each and every one of us has a role in suicide awareness and prevention. Leaders at all levels, particularly leading petty officers, leading chiefs and division officers need to be aware of suicide warning signs and how to prevent it. By knowing our personnel, identifying the "at risk" Sailor early and being aware of the resources that are available to assist us, we can prevent suicides.

There are several excellent resources available for suicide awareness and prevention training material:

COMNAVSURFLANT at

<http://cns1.spear.navy.mil/n0/n02m/suicide.htm> and the Navy Environmental Health Center at

<http://www-nehc.med.navy.mil/hp/index.htm>

As leaders it is important for us to take a proactive approach to suicide awareness and prevention. This is an important part of taking care of our people.

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Headline: LIFELines virtual mall contributes to quality of life

By Kimberly A. Rawlings, Bureau of Medicine and Surgery

WASHINGTON -- The Internet has put information virtually at people's fingertips today with just a click of the mouse. Navy Medicine has taken advantage of that quick and easy access to information by expanding its health, wellness and physical readiness "store" at the LIFELines Quality of Life virtual mall

[http://www.lifelines4qol.org/wing\\_1/store\\_a/health.htm](http://www.lifelines4qol.org/wing_1/store_a/health.htm).

Various departments at this website help Sailors, their family members and retirees by providing answers to those nagging medical questions. The website also offers valuable information for other quality of life concerns.

"The concept is to get great information and services off the bookshelves, out of notebooks and minds and into cyberspace so more people can have access to great resources 24-hours a day, seven days a week," said Director of LIFELines, Dr. Randy Eltringham.

With links to medical issues such as TRICARE, pharmacy, dental, suitability screening for overseas and anthrax immunizations, the health, wellness and physical readiness store has established itself as an anchor store in the QOL mall.

"The medical store is one of the best stores in the mall," said Eltringham. "The bureau of medicine and surgery's leaders have taken a great leadership role in removing barriers to enhance the quality of life for their beneficiaries. They are committed to servicing their people

around the clock."

A 1995 Department of Defense worldwide needs assessment showed that only one-third of the military's quality of life needs was being met. Barriers such as geography, daycare, taking time off from work and the stigma of walking into the family service center for assistance often prevented beneficiaries from receiving valuable information.

But the LIFELines Quality of Life Mall removes many of those barriers. In addition to medical information, the mall also has stores for community and family support, casualty assistance and relocation information, among other information shopping opportunities.

Not only has the web site eliminated information barriers, it has received high praise from the U.S. General Services Administration, which recognized LIFELines QOL Mall as one of the top two worldwide government web sites. The survey praised LIFELines for its amazing graphic presentation.

"LIFELines is not just a website, it is a knowledge management system designed to overcome barriers for better, cheaper and faster delivery of service," said Cmdr. Eleanor Shigley, MSC, program manager for BUMED's Health, Wellness and Physical Readiness store at the LIFELines Mall.

The LIFELines QOL Mall offers access to information by Internet, live satellite and cable broadcasting and business innovation portals.

Inaugurated almost five years ago with five stores, the mall has expanded to 26 stores and is still growing. Since its grand opening, which was simulcast live on cable, satellite and over the Internet, LIFELines now provides access to a full range of on-line quality of life information and business transactions to service members and their families.

LIFELines plans to increase the training opportunities through the site such as a series of teleconference and teletraining to support families. These methods will be particularly helpful to those in remote locations.

"We are able to train people at a reduced cost. We can't afford to do things the way we used to. We still need to support ourselves using partnerships and technology," said Eltringham.

Improving the quality of life by offering a more efficient way to conduct business is another benefit of LIFELines. The military exchange catalog and the Defense Finance Accounting Service have made their services available through the site. Eventually this website will allow service members and their families to do everything from consult a chaplain on-line to finding medical help.

The goal of the site is to continue stocking the shelves of its stores by adding five new products everyday, according to Eltringham. She said this process will help create a high tech continuum of care as well as continuing to host broadcasts and use technology to improve business processes.

The mall is accessible from the BUMED homepage by clicking on the LIFELines button or by entering the web address [www.lifelines4qol.org](http://www.lifelines4qol.org).

"We're hoping that 'lifelines4qol' will be a household word. As one person told me, lifelines is the place to go when you don't know where to go," said Eltringham.

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Headline: Navy physical therapist earns Army Expert Field Medical Badge

By Rod Duren, Naval Hospital Pensacola

PENSACOLA, Fla. -- It was four days of combat survival skills tests interspersed with smoke grenades and mortar rounds, but when the smoke cleared at the end, a physical therapist from Naval Hospital Pensacola had bested 74 others to earn the Army's Expert Field Medical Badge competition.

Lt. Dale Jensen, MSC, head of physical therapy at Naval Hospital Pensacola and seven of its Branch Medical Clinics, had to complete a day and night-land navigation course, exhibit combat survival skills and perform triage and evacuation of casualties under combat conditions, among other tests in the brush and wilderness of Camp Shelby, Miss.

"It was some of the best medical training I've ever had," said Jensen of the tri-service competition.

Jensen, who is from Boulder City, Nev., said his motivation for participating in the event was to involve the Navy in this tri-service activity to help integrate military medical services into a closer working environment.

"I recommend this to [Navy] people who would be willing to undertake this rigorous training," said the 9-year Navy veteran. Jensen was a four-year veteran of the Army before joining the Navy.

"The award is great, but the actual inter-service training was more effective," he said.

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Headline: MSC officer uses language skills in Mideast exercise

By Judy R. Lazarus, Great Lakes Bulletin

Great Lakes, Ill. -- Lt. Youssef H. Aboul-Enein recently returned from the Middle East where he served as an Arabic linguist for exercise Bright Star 2000, a joint coalition exercise that involved 11 nations and more than 70,000 personnel. The exercise, which was conducted by U. S. Central Command, tested the joint warfighting capabilities of the participating countries. Navy medical personnel were on hand to provide care wherever needed.

"The exercise is the largest now conducted by the United States," Aboul-Enein said. It began in 1980 with only ground forces of the United States and Egyptian armies initially participating. In 1983, U. S. Central Command was formed to be the United States command directly responsible for carrying out the Bright Star exercises. As the years past, the exercise included air and then naval forces, and the number of countries increased.

This year was Aboul-Enein's second experience with Bright Star; he served as a linguist in 1997. The exercise is held every two years.

The lieutenant, who is plans, operations and medical intelligence officer at Naval Hospital Great Lakes, served as linguist and Middle East advisor to Navy and Marine Corps forces in Bright Star 2000. He reported on the mass casualty scenario, translated and negotiated security needs of Navy ships, and helped resolve contract and protocol issues. He also conducted tours of the area.

"My days were filled," he said, "from 7 a.m. to 2 a.m. The Egyptians like to make their decisions late at night."

The mass casualty exercise gave each country a working glimpse of the others' medical techniques and equipment, the Medical Service Corps officer said, adding that American hospital corpsmen and doctors were impressed with the other countries' technology and medical procedures.

Aboul-Enein's early background contributed to making the assignment a good fit. He was born in Mississippi, but grew up primarily in Saudi Arabia where the family moved when he was five years old. His father is a native of Cairo, Egypt, and his mother, originally from Saudi Arabia, was educated in Egypt.

The lieutenant returned to the United States in 1986 and completed undergraduate and graduate studies before joining the Navy in 1994.

"It's been a wild adventure," he said. "The Navy has given me an opportunity to be involved in many interesting assignments."

During his Bright Star 2000 assignment, Aboul-Enein was presented with a flag and a certificate from the 13th Egyptian Special Forces Brigade, and received a Navy Achievement Medal at a joint U.S. and Egyptian award ceremony.

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Headline: Reserve health care benefits, entitlements, study report sent to congress

From Assistant Secretary of Defense

WASHINGTON -- Secretary of Defense William S. Cohen sent a report to Congress Nov. 8, 1999 that recommends sweeping changes in the statutes and policies covering health care benefits and entitlements for members of the National Guard and Reserve.

The study contains 14 recommendations to ensure that medical treatment, entitlements and force health protection measures for Reserve component personnel are sufficient at a time in history when Reservists are increasingly being called upon, and when they are increasingly going in harm's way. Some of these recommendations have already been adopted by the Congress and included in the fiscal year 2000 National Defense Authorization Act (NDAA).

"The findings of this report are compelling and important because the changed nature of today's total force requires a new approach to providing medical care to our Reservists,"

Cohen said. "At the core of this new approach is the notion that performance of duty, not length of duty, establishes risk and exposure to harm. In other words, we will treat injury or illness, sustained in the line of duty, regardless of the duty status in which the individual is serving."

The study, formally titled, "Means of Improving the Provision of Uniform and Consistent Medical and Dental Care to Members of the Reserve Component," is part of a three-year effort to reassess reserve component health care issues. Known as the 746 Study after the numbered section in the 1997 NDAA, it was undertaken by the offices of the Assistant Secretaries of Defense for Reserve Affairs and Health Affairs.

The complete text of the report is available on line at [http://www.defenselink.mil/pubs/sec746\\_111099.html](http://www.defenselink.mil/pubs/sec746_111099.html)

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Headline: Anthrax question and answer

From Bureau of Medicine and Surgery

Question: Who should not take the anthrax vaccine?

Answer: People who should not take the anthrax vaccine include those with a true hypersensitivity reaction (serious allergic reaction) to a previous dose of the anthrax vaccine, people infected with HIV, people who have other kinds of immune suppression, pregnant women, and people under 18 and over 65 years of age. Other temporary reasons for deferring anthrax vaccination include an acute respiratory disease or active infection, and a temporary course of immune-suppressing drugs such as steroids (e.g., Prednisone). Vaccinations should be resumed when these issues are resolved. If a person has an active infection or is taking a prescription medication that suppresses the immune system, a decision to give the anthrax vaccine will be made on a case-by-case basis.

For more anthrax information, visit the Department of Defense anthrax web site at <http://www.anthrax.osd.mil/>.

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Headline: TRICARE question and answer

From Bureau of Medicine and Surgery

Question: How do TRICARE Service Centers assist beneficiaries?

Answer: TRICARE Service Centers are staffed by health care professionals who are there to help beneficiaries get the service they need:

- Health Care Finders - Make appointments and help find specialists when you need them. They also provide names of doctors participating in the TRICARE Extra network, and will help locate doctors who accept Medicare payments for services provided Medicare eligible beneficiaries age 65 and over.

- Beneficiary Services Representatives - Help explain the options available to you and assist in choosing the program that suits you best. They can enroll you in TRICARE Prime, assist with the selection of a Primary Care Manager and help resolve any billing problems.

TRICARE Service Centers also send beneficiaries TRICARE information packages describing the features of each of the TRICARE options and what alternatives are available for each beneficiary category.

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Headline: Healthwatch: Eat moderately to avoid holiday thigh-rise

By JO2 Maria Christina Mercado, Naval Hospital Pensacola

PENSACOLA, Fla. -- The holiday season is nearing its full swing. It's a time for visiting with family and friends and enjoying the traditional foods of the season. For some, after the guests and the holidays are gone, friendly reminders remain -- those tasty cookies, cakes and scrumptious leftovers that once graced the tables of your holiday functions. If you're not careful about your eating habits, those holiday leftovers soon may grace your neck, thighs and abdomen.

"It starts with Halloween candy and it can certainly last through Valentine's Day and, of course, there are those big holidays in between," said Lt. Cmdr. Regina Hall, MSC, head registered dietitian at Naval Hospital Pensacola.

The average American gains between seven and 10 pounds over the winter holidays, according to nutritionist sources nationwide. However, if you practice moderation you can keep those pounds off and still enjoy delicious holiday fare.

Practicing moderation in your diet means avoiding excess, according to Hall. You can eat anything, but you must do it sensibly. At a buffet, for example, instead of eating a full size serving of several entrees, a person practicing moderation would choose one or perhaps just bite-size portions of each to enjoy the taste.

One strategy for keeping the pounds off during the holidays, Hall recommends, is planning ahead. If you know you are going to attend a holiday party with a lot of food Friday night, then eat only a light breakfast and lunch and budget your daily calories for the evening's soiree.

When you do come face to face with a buffet, or holiday food trays, be selective. Skip the foods you eat everyday, like bread and potatoes, or rice. Focus on the special dishes you wouldn't normally be offered. Another secret to moderation is to eat slowly and really enjoy the treats. If you eat rapidly, you tend to eat more.

Portion control is a key element to moderation. The goal is to avoid eating in excess. "Choose the smallest portions of the food you plan to eat. If somebody else serves you a large portion you can practice moderation by only eating half," said Hall.

It is important to maintain a regular exercise program during the holiday season. People get very busy during the holidays because they have to go shopping or they are busy going to all these events, but they have to remember to still make exercise a priority.

Hall also advises us to forget the all-or-nothing mindset

about holiday eating.

"Depriving yourself of special holiday foods, or feeling guilty, when you do enjoy them isn't part of a healthy eating strategy," she said.

Deprivation and guilt certainly are not part of the holiday spirit. Aim to maintain your current weight by eating in moderation. You will feel much better and you won't have to deprive yourself later in an effort to take off those extra pounds.

Ten healthy socializing and eating tips for the holidays

- Avoid eating the skin from baked chicken or turkey to cut down on the fat content

- Choose pretzels instead of chips - 2 oz. of pretzels have 100 fewer calories than 2 oz. of chips.

- Dilute eggnog with skim milk

- Drink a glass of water before each meal, and several between meals

- Freeze holiday treats, but enjoy them later in moderation

- Focus on visiting friends and family, not the buffet table

- Alternate alcoholic drinks with diet soda or mineral water with a twist

- Socialize away from the buffet table and bar to reduce temptation

- If you are bringing a dish, make it a low-fat version of a favorite

- Share your piece of pie or cheesecake with a friend.

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